

MCCS/USNH Health & Wellness Corner

MARCH 2004

March Health Promotion Schedule of Events

- ♦ **BALANCE:** New & improved Weight Management Support Group. Meetings are held every Wednesday from 1700-1730, Conference Room B, USNH. This group will offer support & motivation to help you achieve individual weight loss & fitness goals. Call 645-2620/3910 for more information.
- ♦ **Lose Weight the Easy Way!** Class meets Mar 11th & Mar 18th at 1600, Conference Room C, USNH. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- ♦ **Tobacco Cessation:** 5-week class, starts Mar 23rd, 1700, USNH Galley, Call 645-2620 to register.
- ♦ **Healthy Heart Class:** Class meets on Mar 23rd at 1500, Staff E&T classroom 3, USNH. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.
- ♦ **Nutrition Month Aerobathon:** Futenma Semper Fit Gym, Mar 27th, 0900-1200. Cholesterol, Blood Pressure, & Body Fat screenings from 0730-0900. Please fast for 12 hours for the Cholesterol screenings. This event is free and open to everyone. Call 645-3484/3910 for more details.
- ♦ For more information about any of the topics covered in this newsletter, please contact the MCCS Wellness Director at 645-3910.



March is National Nutrition Month

Exactly what is a serving?

Dietary recommendations are frequently given in "servings" – three to five servings a day of fruits and vegetables, two to three servings a day of meat and so on. Do you know what is meant by a "serving?"

Knowing the size of a serving can help you determine your portions – the amount of a particular food you eat at a given time. Here are some examples of serving sizes, for use in gauging your portions:

- Three ounces of cooked meat, fish or poultry is the size of a deck of cards
- Two tablespoons of peanut butter is the size of a golf ball
- A medium piece of fruit looks like a baseball
- A medium bagel is the size of a hockey puck
- One ounce of cheese is the size of four dice
- A small baked potato is the size of a computer mouse
- The serving size for raw vegetables, yogurt and fruit is one cup – which will fit into an average woman's hand.

Produced by ADA's Public Relations Team

For this healthy tip & all other nutrition information, please visit the American Dietetic Association website at www.eatright.org